



Are You Ready for the River?

Think about your own limits. Be realistic. How much endurance do you have—today? Chances are your swimming is not as strong at the beginning of the year as it was at the end of last season.

Planning Your Float Trip

Start early.

Morning float trips see fewer crowds. Weekdays are much quieter.

Check the forecast.

Be prepared for the river to rise suddenly, even if the Sun might be shining where you are.

Forget your cell phone.

High bluffs limit cell phone coverage. Don't count on calling out for help.

Take trash out with you.

Leave the Buffalo River a better place for others.



+ Never Swim to the Rescue

To help someone in trouble in the water, you can REACH with a paddle or pole, THROW a rope or float, or PADDLE closer, but ...DON'T GO into the water yourself unless you have lifesaving training.

+ Cold Water Can Kill

Always take an extra set of clothes in a dry bag. Don't forget fire starters and waterproof matches.

+ Take Water To Drink

Sweet tea and soft drinks will not keep your muscles working as well as plain water. Drinking alcohol actually dehydrates you—and harms your judgment as a boater.



Prepare for the Trail

Prepárense para el sendero

The trail to the caves is paved but steep. It crosses rockslide chutes and is remote from facilities. For your safety and comfort, the following rules and recommendations are critical.

Aunque la vereda hacia las cuevas está cubierta de pavimento, está empinada y fuera de la zona de facilidades y servicios. El ascenso pasa por áreas de deslizamientos. Para mantenerse seguro y cómodo, es crítico obedecer las siguientes normas y recomendaciones:

Bring With You

Lleven consigo

Water

Agua potable

Tickets

Sus entradas

Jacket or sweater.
Temperature in the caves is 45F (8C).

Chaquetas o pulóveres. La temperatura dentro de las cuevas es 8 grados C.

Children

Niños

Children under 16 must be accompanied by an adult.

Jovenes de menos de los 16 años deben ser atendido por adultos.

On the Trail

En camino

No running on trail

No corran en el sendero.

Do not throw or roll rocks

No lanzen piedras, ni las revuelquen.

Stay on trail at all times

No salgan de la vereda de ninguna manera.

Tickets for Cave Tours

Comprén las entradas para excursiones de cueva

Tickets are sold at the visitor center only. You cannot enter the caves without a ticket.

Se venden las entradas solamente en el centro de visitantes. No se puede entrar las cuevas sin pagar la entrada.

Before You Start

- No strollers or wheeled vehicles
- No pets
- No restrooms until cave entrance area



Antes de empezar

- Son prohibidos los cochecitos de nene y cualquier otro vehículo con ruedas.
- No se permiten mascotas en la vereda o dentro de las cuevas.
- No hay servicios sanitarios hasta que llegan a la entrada de la cueva.





Don't Be Next

People have died here.

Don't let a friend or family member die or be hurt.

Don't be a victim yourself.

Collisions



WATCH OUT!
Collisions involving watercraft are the greatest hazard at Lake Roosevelt.

- Alcohol often contributes. Don't drink and operate watercraft.
- Personal watercraft (jet skis) are dangerous. No person under 14 years of age may operate a personal watercraft. All boating rules apply to personal watercraft.
- Know the rules of the road.
- Power boats must not come within 500 feet of a designated swimbeach.
- Yield to boat traffic on your starboard bow.
- All boaters must obey channel markers and buoys.

Hypothermia



Cold water can kill.

- Hypothermia (lowered body temperature) can occur quickly in the very cold water of Lake Roosevelt.
- Hypothermia impairs muscle function and the ability to think clearly, which can lead to drowning.
- Alcohol compounds the dangers of hypothermia.
- Dress appropriately and always wear a PFD.

Rocks and Logs



Rocks and other submerged hazards are unpredictable.

- Lake levels can fluctuate daily. A safe area one day can be deadly another.
- Hazards are not marked on the lake. Use navigation charts for safer boating.
- Do not let passengers ride on the bow of a boat. If the boat strikes an object, a person on the bow could be thrown into the water and then struck by the boat or propeller.

PFDs



Life jackets (called personal flotation devices, or PFDs) do save lives.

- All children under age 12 aboard a boat 19 feet or less must wear a PFD while the boat is underway.
- All boats must carry a Type I, II, III, or V PFD (wearable) for each person on board. The PFD must be in good condition, readily accessible, and of appropriate size for the intended user.
- Boats of 16 feet and longer must also carry one type IV (throwable) PFD, and it must be immediately available.

Alcohol



A huge percent of accident victims have been drinking alcohol!

- Alcohol impairs the ability to make quick decisions, and contributes to many swimming and boating tragedies.
- A responsible person never enters—or allows others to enter—the water after drinking.
- Water won't sober you up.

Stay on the Trail

The land around you is beginning to change from rocks and gravel to forest. A misplaced footstep can compact fragile soil and crush tiny seedlings struggling to gain a toehold in this harsh terrain.



In a Wild Place



black bear

If you see a cub, the mother bear may not be far away.

Stay Alert for Bears

In general, bears in this area are used to seeing people and are not aggressive. However they are wild animals and can be dangerous.

- Talk so bears know a person is near.
- Use all your senses to detect bears.
- Keep food and gear with you.

IF YOU **SEE A BEAR**

- Don't approach it.
- Talk to it and back away slowly.
- Don't turn and run.

IF A **BEAR CHARGES**

- Don't turn and run.
- Stand your ground and yell. Most charges end without injury.
- Use pepper spray if a bear is aggressive.

IF A **BEAR ATTACKS**

- Fight a black bear.
- If a grizzly bear attacks you, play dead. If it starts to eat you fight back.



Grizzly bears have large shoulder humps.

REPORT WILDLIFE INCIDENTS

- Notify a park ranger. Your warning may help protect others.



Enjoy Moose From a Distance

Moose are unpredictable and can be very dangerous, especially if they feel threatened.

IF YOU **SEE A MOOSE**

- Don't approach it.

IF A **MOOSE CHARGES**

- Run out of sight.
- Get behind something solid.





Be Prepared

Facilities and services are limited on the ferry and West Ship Island. From June through August be prepared for high temperatures and humidity. Pack light, because you must carry out what you carry onto the ferry and the island. The island boardwalk from the dock to the gulf beach is one third of a mile long. A beach wheelchair is available on the island; ask a staff member for details.

Marine Debris

Besides bringing back your own litter, help keep the island clean by bringing back trash that has washed up on the beach.

What To Leave Behind

- Glass containers
- Coolers larger than 36 quarts
- Luggage
- Metal detectors
- Wagons, large strollers
- Pets—but do not leave them in vehicles

What is Available

- Snacks, water
- Restrooms
- Beach chair and umbrella rentals

What To Take





Beach Safety

In just a few minutes a wonderful day at the beach can turn into a disaster. Stay alert for sudden storms and marine life that could sting or bite. Watch your children.

In emergencies, dial 911.



Avoid overexposure to the sun, especially between 10 a.m. and 2 p.m. Use sunscreen, sunglasses, hats, and long sleeves to protect skin. Drink plenty of water to help prevent dehydration.

Evite sobre exponerse al sol, especialmente entre 10:00 y 14:00. Use crema protectora, anteojos de sol, sombreros y mangas largas para protegerse la piel. Tome agua suficiente para prevenir la deshidratación.



Thunderstorms develop quickly. If swimming or fishing, get out of the water immediately and seek shelter.

Si ve relámpagos, busque refugio en un edificio o vehículo. Las tormentas eléctricas se forman rápido. Si usted está nadando o pescando, sálgase del agua de inmediato y busque refugio.



Jellyfish and sea nettles can inflict painful stings. To reduce pain apply vinegar and do not touch.

Las medusas y ortigas de mar pueden causar picadas dolorosas. Para reducir el dolor, aplique vinagre a la picada y no se la toque.



Sharks are present in park waters. Do not swim at dawn, dusk, or night. Avoid schools of fish.

Hay tiburones en las aguas de este parque nacional marítimo. No nade al amanecer, en el crepúsculo, o en la noche. Evite grupos de peces.



Be aware of stingrays. Shuffle your feet while wading. Avoid grass beds and murky water. Soak puncture wounds in hot water.

Tenga cuidado con las pastinacas. Arrastre los pies al caminar por el agua. Evite los pastos marinos y agua turbia. Trate las lesiones punzantes con inmersión en agua caliente.

Mantenga su seguridad en la playa

En sólo pocos minutos un lindo día de playa puede volverse un desastre. Esté alerta por repentinas tormentas y animales marítimos que pueden picar o morder. Vigile sus niños.

En caso de emergencias, llame al 911.



Two Flags Mean Water Closed to Public

Highly dangerous surf and/or strong currents



Dos banderas significan que el agua está prohibida al público

Oleaje muy peligroso y/o corrientes fuertes



High Hazard

High surf and/or strong currents

Mucho peligro

Oleaje fuerte y/o corrientes rápidas



Medium Hazard

Moderate surf and/or currents

Peligro medio

Oleaje normal y/o corrientes moderadas



Low Hazard

Calm conditions, exercise caution

Poco peligro

Oleaje tranquilo, tenga precaución



Dangerous Marine Life
Stinging organisms or sharks

Animales marítimos peligrosos

Organismos punzantes o tiburones

Swim to the side.

Nade hacia los lados para escapar de la corriente.

Sandbar

Barra de arena

Rip current

Corriente rompiente

Rip Currents Kill

Rip currents commonly form after storms. If you are caught in a rip current, stay calm. Do not try to swim against the current. Swim right or left to escape the flow.

Las corrientes rompientes matan

Las corrientes rompientes comúnmente se forman después de las tormentas y pueden aparecer de un día a otro. Si usted es atrapado por una corriente rompiente, mantenga la calma. No trate de nadar contra la corriente rompiente. Nade a derecha o izquierda para escapar del flujo.

Floodplain Safety

Brookfield
Renewable Power



It's called floodplain for a reason. Battered trees and scoured rock offer mute evidence of the power of ice floes and floodwaters that pour down the Mohawk River every year. Rough paths lead from these stairs to the base of Cohoes Falls. The view can be dramatic but be prepared to respond to hazards:

Exit the floodplain immediately whenever you hear an alarm or warning from powerplant personnel!

FAST RISING WATERS

The Mohawk River drains an area of more than 3,450 square miles above Cohoes Falls. Distant storms and snowmelt send torrents down the river even when conditions are bright and sunny here. Upstream canal and powerplant operations can raise water levels rapidly, and unpredictably.

DEEP CHANNELS

There are sudden deep drop-offs and fast moving water across the base of the falls and in the center channel.

ROUGH AND SLIPPERY FOOTING

Floods and debris that course down the Mohawk several times every year scour holes in bedrock, rearrange gravel, uproot trees, and coat rocks with slippery silt.

FALLING ROCK

The Greywacke shale of the lower Mohawk gorge is soft and somewhat unstable.

